

EDITOR'S CHAT.

Problems of Every Day Life and a Key to Their Solution.

SIT UP STRAIGHT. There are too many reclining chairs and sofas and rocking chairs in the United States. We ure seekers, and a band of music adds to the enjoycall these things signs of comfort; the truth is they are the cause of backache, dyspepsia, curvature of the spine, lung troubles, and a host of at-

Now-a-days people ioll, they do not sit up. They loll in easy chairs; they loll in churches; they loll in earriages. They loll and think they are taking in 1824, a grand ball was given in his honor at It easy, and all the time they are in such strained attitudes that nature calls out in violent protest in a hundred d fferent ways.

When young people complain of headache and dizziness, nine times out of ten it is directly traceable to the unnatural positions in which they force their bodies. The curving of the spine results in s strain of the muscles at the back of the neck, and this manifests itself in aches and pains in both head and back. Or, where one sits lopsided the continued strain of the spinal column on one side necessitates a corresponding depression on the other, giving rise to many nervous maladies, and even affections of the brain and eyes.

Remember, your backbone was made for an upright position; that an unnatural pressure of sections of the vertebræ upon one another is promotive of various ills,

Remember that to sit upright and walk upright is to have a straight back, a full chest, expanded lungs, and a clear head, with liver and stomach and other shiftable organs in their true position. Avoid reclining chairs and sit in a straight-backed seat when possible. Better no back at all than one that will force you to take an unnatural attitude,

and rack where it should rest you. Keep your backbone straight up and down. When you go up and down stairs hold your body erect and see how much easier it is for you. If you go to a church or amusement place, where the back of your seat reclines too much, never mind

Remember that serpents coll themselves, and swine wallow, and worms make spiral evolutions.

Where I got my pieces of potato," and as she spoke Mrs. Ewing held up a big pared potato, that looked as if it had been riddled with four or five bullets Man was made to go upright, with his head in the air and his eyes toward the heavens. Sit up

THE SECRET OF FASCINATING. The secret of fascinating others is an open one, says a current writer; it is so easy that it lies all neglected by the wayside, while those who would

unnoticed. It is this: Fill your heart with good-will to everybody, and then practice at all times the best manners. you know, particularly at home. If you begin at home, this charming manner will, so to speak, get settled on you and never leave you. Be just as polite to your sister as you would to your best girl. Strive to gain the good-will of mother, father, and brothers and sisters and children, exactly as you

strive to gain good-will abroad. There is no place for practicing manners like the home circle; no piace, permit me to say, where it will be so appreciated. It will be a cultivation of heart, mind, and body-this endeavor to feel nothing but affection for the people at home, and treat them as though they were worthy of as much consideration at your hands as if they were the President and his family. So they are worthy. Then from the home will float out around you those sweet, magnetic influences which will draw the hearts of mankind toward you.

A C. C. IN NEW YORK.

An Emigrant Ship, and the Landing of the Nations. If you want to see an interesting sight, visit the Battery when an emigrant ship is due. The passage to the dock is inclosed with a high fron fence, and an authoritative Irishman guards the gates, assisted by a policeman's badge and club; but you need not trespass upon his rights, and he will not

object to your looking over the fence. front row, commanding a full view of the landing and a close inspection of the passengers as they hurried through the gates. There was a motiey throng awaiting the arrival of the ships, who crowded against each other and fought for precedence. The pressure against the

fence was strong, and I was in mortal terror of being squeezed through the iron bars and falling into the hands of the aforementioned policeman, A murmur from the crowd and an additional the ship had landed, and soon the passengers appeared in line headed by another person in au-

First came the Poles, the men plodding shead, dressed in greasy clothes and slouch hats, carrying cheap black bags and small pine trunks and boxes, and the women in short red or blue petticoats and plaid shawls, with bare heads, lugging great bundies of household goods tied up in sheets and blankets, their backs fairly bent double with the This reminded me of a picture I once saw called "The Division of Labor." It represented an old

Irish woman carrying a cook-stove on her shoul-ders followed by her husband with the stove-pipe

BEAUTIFUL ITALIAN GIRL. After the Poles came the Italians, a dirty and

pleturesque lot, to swell the ranks of banana peddiers and organ grinders. The women were de-cidedly picturesque, and one young girl in particu-lar was a perfect Hebe. She was tall, straight and lithe-limbed, with long black, glossy hair, rich olive complexion, and soft, dark eyes. She wore a green petticoat, white bodice and sleeves, and a red-and-yellow-striped shawl was tied loosely around her waist.

She stood a moment outside the gate, evidently expecting someone who failed to come, and I saw ber dark, half-frightened eyes filled with tears. In another moment she was pushed on and seized by an emigrant herder, and that was all. God alone knows where she went, or to what. He is probably the agent of the emigrant lodg-ing-house, where frightful tales of robbery and outrages are periodically unearthed.

"GREE, GREE, GREE!" A large man with a large voice and a correspond

ingly large mouth called out "Grek, Grek, Grek, announcing that the next party were Greeks. They were a sober-looking company, tall, slender and dark, with knee breeches and long frock coats and skull caps. There were no women in the party, and they carried little luggage. Although they were shabbily dressed, yet they howed signs of education and refinement. The large man loaded them into his cart and drove off. I understand that the Greeks work largely in

tapestry and find employment readily. THE UNIQUE TURKS. The Turks were decidedly unique, with their dark faces and white scarfs twined about their heads, but their women and children were ragged and ill-kept, and looked as if they had suffered in the journey from sea-sickness. They all stood in a group on the sidewalk talk-

ing in loud, excited tones, and were totally indifferent to the inducements offered by the herder. PATHOS AND "LALLYGAGGING." The French were the cleanest looking party that landed, and their children were the best kept. A pathetic sight was the meeting of a mother and daughter, judging from their cast of features. The mother was attired in a dark-red skirt, brown

waist and no headgear, and looked old and over-The daughter, probably several years in this country, was a full-fiedged American with a modern gown, umbrella skirt, puffed sleeves, sailor hat, gloves, etc. The poor old mother rushed into her daughter's

arms, and they stood there oblivious to all of their surroundings and mouned and sobbed in the an All of their heart-aches, sorrows, trials and disappointments seemed to be summed up into a

grand climax at this meeting. But their oblivion was only for a moment. A big, fat policeman, "one of the finest," swept down upon them, and pushing them roughly on, called, "Git on out of this," His sentiments were echoed by an Iri-h drayman, who said: "Yis, move out with your lally gagging."

A WESTERN CAVALCADE. After a party of repulsive Russian Jews has passed the Western cavalende appeared. They were a mixture of all nations, and were labeled They were gurried through and transferred into busses for a a railway stations, The gales were close and the sidewalks were througed by the strange and homeless emigrants; but only for a moment. The big policeman appeared among them, and white cub and his gruff voice scattered them left and right just as one would drive cattle. It made me furious to see the indiscriminate way in which he used his cleb upon the poor would-be Americans. How their dream of American freedom and equality must have been

crushed by this brutal treatment.

BATTERY AND CASTLE GARDEN. The Battery derives its name from the fortifications erected by the first Dutch settlement on Manbattan Island. It is a public park at the southern end of the city, occupies over 20 acres, and is laid out with shade trees and wide stone walks along the pier. Summer evenings it is filled with pleas-

ment. The U. S. revenue offices and Castle Gar-

den are within its limits. Castle Garden was

originally a fort, and afterwards was converted into a Summer garden, from whence it derives its LAFAYETTE AND JENNY LIND. When Marquis de Lafayette revisited this country Castle Garden; and President Jackson and John Tyler were also publicly received here. Subsequently it became a concert hall, and as such is famous as the place where Jenny Lind made her first appearance in America before as brilliant and fashionable an audience as has rarely if ever been seen in this country.—Lenore Sherwood Marble.

HAPPY HOUSEHOLD.

Something of What Our Busy Ones are Doing and Saying. MRS. EWING'S CODFISH BALLS-SHE TELLS IN

HER MINUTE AND CHEERY WAY JUST HOW TO MAKE THEM. Mrs. Ewing, the scientific cook, has a pleasant

way of doing things that is sure to impress itself upon the memories of her classes. After instructions in croquets and hashes in a recent lesson, she touched upon the mystery of codfish balls. Be sure and make them just as she does if you would meet "I take this codfish from the cold water," she

said, gently squeezing it. To pass it through the colander would be better, she thought. "Yes, it is the tied-up codfish that comes in two-

pound packages. I picked it apart, freed it from any bones, and cut it into pieces, then covered it with cold water, for the double purpose of toning down the flavor and of cleansing. It has been standing during the time we have been preparing the hash. I put it into this porcelain saucepan and turn in the same proportion of cut-up raw potato. "But before I go any further I want to show you

"I took the big old potatoes," continued Mrs. Ewing, "and with my little French scoop, which looks, you see, something like a large-sized mustard spoon of substantial make, I scooped out three or four beautiful little round new potatoes out of each of the old fellows. These will be delicious served with cream sauce as an accompaniment to the fish-balls; while the riddled portions of

the big potatoes, chopped up, do nicely to go into give their dearest treasures to possess it pass it by the saucepan raw with the codfish. Nothing like Mrs. Ewing then covered her fish and potato with hot water and set on to cook, until by testing she found the potato pieces were done. The water was then drained off, the potatoes and fish mashed together in the saucepan, half a teaspoonful of butter was added, and one tablespoonful of milk. If very dry, Mrs. Ewing explained, two table-

spoonfuls of milk could be used. "I always break an egg into the mixture," said Mrs. Ewing, as she vigorously mashed the contents of the saucepan when the proper time had arrived. "The egg helps to hold the ball together in the frying. Too much milk or butter in the mixture will cause it to fall to pieces. But now the fat is bot in the kettle.

"Yes, I tried it just as I did yesterday with the slice of raw potato. The slice has browned nicely, so I know the fat is hot enough. "Now, I do not make balls out of my mixture, yet not exactly cakes. I do not believe in using the hands in forming the balls, unless it cannot be helped. I take this tablespoon, dip it first into the hot fat, then scoop up a heaping spoonful of the codfish mixture and slide it into the basket,

easily from the greasy spoon. Instead of a ball,

however, we have an elliptical cake. I cook them in the fat until they are thoroughly browned. "Now, in serving, allow about five of these little new potatoes with your fisheakes to each person. The little potatoes I boil in the regulation manner, but before I serve them will make a delicious cream sauce as an accompaniment. Put the potatoes, after they are thoroughly drained and per-We went down early and secured places in the | fectly dry, into the tureen and turn the same over

> ' For your cream sauce take a tablespoonful of butter, and when it is melted in your pan smooth in twice as much floor, then add milk until the mixture is the consistency of thick cream. Season with a bit of minced parsley. When cooked sufficiently turn the sauce over your potatoes. Do not stir the potatoes after the sauce is in, and be sure they are perfectly drained and dry before the sauce

Yes, you can use the same with sliced potatoes or with meats. If you use it, however, for anything that is to go in a patty case, make it a little thicker. For oysters, especially, have it a trifle

"Yes, you may use cream instead of milk. It will make the sauce the richer. Or if you have some very nice broth, use part broth and part

TWO REQUESTS FOR RECIPES. HAPPY HOUSEHOLD: Will some one please send me a recipe for making the kind of ice cream usually made in city confectionaries and ice-cream parlors? Also, a recipe for making sweet cucumber pickles? I am an old subscriber, having been taking THE NATIONAL TRIBUNE for 10 or 12 years, and I shall be pleased to get an answer through its columns at your earliest convenience,

Mrs. Peter Sells, Stinesville, Ind. CREAMED STRAWBERRIES. The Happy Household will find creamed strawperries a pretty and pleasant dish. Mash one quart of strawberries with one cup of

powdered sugar and rub the mixture through a Have one and one-half ounces of gelatine dissolved in a pint of warm milk; it is better to soak it a couple of hours before placing over the stove. Strain this and add one pint of whipped cream and the berry juice, pour into a mold or molds, and



MARY E. MARTIN.

Mary E. Martin, Centre Point, Iowa, daughter of H. H. Martin, Co. B. 20th Iowa, was born in the year 1874. She joined the C. C. in April, 1891, and used frequently to contribute to the puzzle department when included in the C. C. columns. She is five feet five inches in hight, and has dark hair and

eyes; is fond of music and good literature. CONVERSATION CLUB.

Various Opinions of C. C. Workers Far and

Near, OUR BOLL CALL.

[The letters v.s. mean veteran's son, v.d. veteran's daughter and v.w. veteran's widow; members of associations will be marked S.V. and D.V.1 Katle M. Brown, Tuckertown, N. J.; M. Etta English, Florence English, Dobbins P. O., N. J.;
Dollie Smith, v.d., 91st Ind., and F. A. Tanquary,
Crossville, Iii.; Alex. M. Jackson, veteran, Co. E.
6th Ind., Watauga, Tenn.; Mary M. and Lucy J.
Freer, Hendrickson, Mont.; Libbie R. Moody, v.d.,
Ticonderoga, N. Y.; John Heileshorn and H. W. Hane, v.s., Defiance, O.; R. H. Stone, Haley, Tenn.; Floyd E. Taylor, v.w., Spartanburg, Pa.

Total, 14,396.

AN AIM IN LIFE. C. C. FRIENDS: There is a time when the soul rejoices, and a time when it weeps; a time when it orgets and refuses, as well as a time when it goes marching to victory in all that is good. How many of us realize this to all truth? We should never become weary in well doing. To do good should be our life-work. Everything that is worthy our approval should be remembered. To think altogether of our ownselves and not of others lacks charity. We should forget self in order that we may be charitable to others. Thus, if we see a fallen brother it is our duty to lift him

Because a certain woman knows more of her neighbor's business than she does of her own, is fund.

no reason why we should act uncharitably toward her. We should help her to walk on a higher plane in life, make her feel that she is something more than a gossip, and by and by we will find that she has reached our level. So all through life we may find a noble work to be done. First, we should find that we are free ourselves from all that we desire to correct in others; then, if we are right, go ahead. Patriotism means something more than serving ones country. It means to care for the widows and orphans, the sick and offlicted, the poor crippled and lonely soldiers who spent days and years on 2, 1893. the battlefield, preserving our peace and pros-

It means all who may be in need of our assist-ance. It means that we should listen to calls such as are frequently given by "Uncle John," and many, many more that could be named. Then, we find in connection with our other work, progress. Progress means advancement. Thus in our department we like articles which we may term progressive, and which may be of the greatest penefit to all of us.

We appreciate our Editor's efforts very much in maintaining and contributing to this department. It is indeed, a means of much education, and to read the articles from her pen is to learn something we had not thought of before. We wish her Now, friends, are we doing our best to make this department all that it should be? True, we cannot ail be heard if we should write; yet it is every member's privilege to contribute something. To

make it nest, plain, and to the point, is to insure

its publication Guards, do not forget your object. There is much to be accomplished by every loyal Guard; let us give heed to everything that is worthy, and we will feel that our years are not being spent in vain. Loyally-W. S. Rynearson, Trenton, Mo.



HOMER C. MILLER.

Homer C. Miller is a native Middle Tennesseean. He is five feet 10 inches in hight, and weighs 150 pounds; is a member of the Lutheran Church, a Republican, and fond of the C. C. and Guards and their work. At present he is Quartermaster of the Tennessee Division. Will exchange autographs

THE CLUB.

Its Grand and Lofty Aims of Progress and Patriotism Fittingly defined. DEAR C. C. FRIENDS: It has been a very upliftand I desire, in this general way, to convey to you a part of it. It came to me by and through the detail of the good Mother General to assist in a canvass of the vote on the motion to change the name of our association from "Conversation" to "Colum-You are aware that the balloting has been going

on for the past two or three months, and though the vote has not been as large and general as we could have wished, it has been a wonderful revelation. What evidences of fraternity; of logical and rhetorical acumen; of loyalty—loyalty to the spirit of the association, loyalty to the Mother General, loyalty to the old flag, and loyalty to the basic inciples of our social and civil life. I have watched with interest since 1885, when I first began to notice the C. C. columns of THE NA-TIONAL TRIBUNE the development of the varied phases of C. C. work, and it has been both my pleasure and profit through our "conversations," by aid of the mails, to know very many of you "in the spirit," but I know better now of what manner

of men, women and children you are by the revelations made by the letters and postal-cards convey-From every section of our broad land they had come; from as far east as Maine and as far west as Washington, from Minnesota on the north to Florida on the south, and from all sorts and conditions of C. C.'s-the old veteran and the little schoolgirl, with all intermediate ages between. From those who are living in ease and plenty in the older States, and those who are blazing civilization "in the wide and woolly West," and through them all there seemed to be room only for this one which is submerged in the fat. The mixture slides sentiment, this truest, grandest of all Americanisms, "the highest good to the greatest number." The considerations urged, even by those who most earnestly championed the change of name. was the weal of the grand C. C. Nothing for individual preferences, everything that the scope of our work and purpose be widened and enlarged. This is a revelation of unanimity that I hardly

think can be equalled, much less excelled, by any other association. In all my experience and observation I have never met anything like it. Space forbids me telling you other grand revela-tions, and I want to add some words of counsel. The result of the balloting is given elsewhere, and since the majority is largely against any change, let us get closer together, waiving any differences of opinion we may have had, and mindful of the heroic sacrifices of the past in our land and Nation whose legacy is all ours to enjoy, and a thought

"Sterner trials that await the race Which rises in the honored place." get the "touch of elbows" said to be so magnetic in time of battle to keep men on the line of duty and encrifice, and keep steadily on the lines of the grand work we have before us, of Progress, Patriotism and Charity. Let our Progress be always upward, on the lines

that make for the best, in all phases of our Ameri-Let our Patriotism be the emulation of the true and tried who have gone before us, who cherished the old flag second only to the cross of the world's Redeemer as the emblem of the world's liberty, and maintained the Union and the Constitution at the cost of every sacrifice that men and women could make, leaving to us a heritage precious, priceless—the highest achievement of mankind in

Let it be the aim of our Patriotism to perpetuate, and, if possible, improve on this matchiess piece of political masonry until the universal fatherhood of God and the brotherhood of man become the ruling principle in all the Nations of the earth. Let our Charity, while not neglecting pressing immediate need, be of that sort that shall develo self-help and self-reliance and does not pauperize its recipient, so making men and women who shall become a stay and support to our institutions

We are living in an intense age, "a grand and

rather than a burden.

awful time." Nearly everything goes with an electric pace. The white-heat of trial is on all human effort. Our work will only endure as it is real. Evil and good are marshaling for conflict. Let us shun no duty, however dangerous or irk-some it may be, but with clean hands and hearts, made pure and free by the Truth, let us take our places on the line of Right, and do and dare, to the extent of our ability, against the perils that threaten us-the accursed liquor traffic, that maelstrom of darkness, despair, and death; the ignoble foreign influences, whose liberty is license and whose god is the god Bacchus; modern demagogy. that would prostitute and destroy the sanctity of the ballot-box that its party may win; the sordid, selfish greed of capital, ignoring the Golden Rule and that fundamental principle of our civie fabric, "All men are created free and equal, and are en-dowed with inalienable rights of life, liberty, and the pursuit of happiness," forgetting in its grasping that justice is nobler than charity; and the uncleanness that sneers at chastity and scoffs at the sanctity of home and love. Let us fervently cherish that indefinable fraternity which has heretofore been so characteristic of our association, drink deeply of Knowledge's lifegiving spring, withhold no brave word of counsel. no cheering smile of recognition from those less favored than ourselves, and, above all, be true to God and native land. Then, by whatever name we may be called, we shall be recognized as among the forces that tend toward "peace on earth and good-will to men," and that "a Government of

the people, by the people, for the people, shall not perish from the earth." Loyally yours, Pro Patria-Frank McMurray, Chairman National Council N. T. C. C. Guards, Canton, O., June, 1893.

N. T. C. C. GUARDS. What the Faithful Guards are Doing All Along the Line. D. M. Hunt reports a delightful North Star Re union. Commander Boyer pleased all with his selection of a badge, which was a red, white and blue ribbon, with the name of the Division, the mblems, a pen and star. Austin L. Weamer, Plumville, Pa., both Guard and S. of V., sounds the rally for the Keystone Buards. He is but one of two Guards in Indiana County, and would like all who are holding back to rally to the standard of Progress and Patriotis Merrill G. Parker, Quartermaster, Jeffrey, N. H., has been instructed by the Division Commander to collect dues in that Division, and desires each member on reading this to forward 50 cents. Two may club together and send a dollar bill, or better et each Guard send by a postal-note. Those who nclose postals with dues will receive receipt. He urges all who want a New Hampshire Reunion, which had been proposed for Mt. Monadnock in June, to write him at once.

ATTENTION, KANSAS GUARDS! Every member of the Kansas Division is urged | St. Paul was not very strong, and felt the need to send their vote on the proposition of changing our Reunion to meet with the G.A.R., W.R.C., S. of V. and L. A. S. Please send your vote to W. F. Volz, Reading, Kan., without delay.

Members in arrears are kindly urged to forward dues to O. G. Agrelius, Reading.

A cordial invitation is extended to Kansas C. C. members to join our Order. Lillie Bowers, Arkansas City, is soliciting funds from members to purchase a flag, and every mem-ber is invited to contribute something toward the fund. W. F. Vols, Division Commander.

Study of the International Sunday-School Lesson Appointed for July

subject: St. Paul Going to Europe. Acts, 16:6-15. One reading these notes should first carefully study the paragraph from the Holy Scriptures as indicated above.

INTRODUCTION. Let us keep track of St. Paul's First Missionary tour 13: 1. Antioch (Syria.) 4. Antioch to Seleucia, 12 miles 4, 5. Seleucia to Salamis, 125 6. Salamis to Paphos, 100 13. Paphos to Perga, 155 14. Perga to Antioch (Pisidia). 51. Antioch to Iconium, 14:6. Iconium to Lystra 40 30 6, 20. Lystra to Derbe. 30 21. D. to Lystra, L. " Iconium. 40 L " Antioch, 65 24, 25. A. " Perga, 80 40 P. " Attalia. 26. A. " Antioch (Syria). 250

1,112 Thus the Apostle completed his First Missionary Journey. In the figures above we have fixed the total distance at 1,112 miles. We have given these distances in straight, and not trayeled, lines. It is plain we have not, therefore, agog there, but there were some godly people. any accurate statement of miles over which he

The following sets forth the places as to geographical regions: Syria. Antioch. 13:1. Seleucia.

Cyprus. Salamis. 13:4. Paphos. Asia Minor. 1. Pamphylia. Perga. 13:13. Attalia, 14:24, 25 2. Pisidia. Antioch. 13: 14. 3. Lyconia. Iconium. Lystra. 14:6. Derbe. 14:6.

6. Lystra

All the places mentioned were in Asia save Salamis and Paphos, cities of an island in the Mediterranean Sea, We give below an alphabetic list of the cities

visited, including the startpoint. The figure after each place shows the number of times it was visited by St. Paul in his first tour : 1. Antioch (Syria), startpoint, 2. Antioch (Pisidia), 3. Attalia (Pamphylia), scaport, 4. Derbe (Lycaonia), 5. Iconium

7. Paphos (Cyprus). 8. Perga (Pamphylia) 9. Salamis (Cyprus), 10. Seleucia (Syria), seaport, It is probable he passed through Seleucis a second time, since that was the seaport, mouth of Orontes River, leading to Antioch, Syria. We put an interrogation point opposite the figure indicating the number of times St. Paul visited that place, simply because the fact he

passed through it is not mentioned in the By referring to THE NATIONAL TRIBUNE for Dec. 1, 1892, one can get useful notes on this

Between the return to Antioch, Syria, and the setting out for a second tour, a few incidents occurred which should be noticed. A serious question ofiginated in the Church at Antioch as to the matter of circumcision. (15:1.) It was decided to send a delegation. St. Paul was the leading delegate. Let us fol-

14:26. At Antinch (Syria). A. to Phenica. P. to Samaria. 320 miles. 2:4. S. to Jerusalem. J. to Antioch (Syria), 320 miles. Phenice is another spelling of Phonicia, and Samaria was a province of Palestine; so we give the total distance from Antioch to Jerusa-

Add 1,112, and we find St. Paul has traveled 1.752 miles. Acts, 15: 36, St. Paul suggested a Second Missionary Tour. Selecting Silas for a companion, he set out to go through Syria and Cilicia. (41.)

Let us follow St. Paul. 16: 1. Antioch (Syria), to Derbe, 175 miles. 1. D. to Lystra, 8. L. " Troy, 400 11. T. "Samothracia, 11. S. "Neapolis, 60 50 12. N. " Philippi, 12 Aggregate miles, 727.

This last grouping calls for a few explanations. In 15:35 we found St. Paul at Antioch. That was the start-point of the Second as it had been of the First Tour.

All distances are given in straight lines, not From 15:41 we infer the journey was on foot. Leaving Antioch, the two went north through Syria and Cilicia. Thence they passed into Lycaonia, visiting Derbe and Lystra. Then, bearing northward, they journeyed along the boundary line between Phrygia and Galatia. (16:6.) Halting on the line between Bithynia and Mysia, they waited the direction

of the Holy Spirit, and were led to enter the latter region. (16:7.) Troas is another form for Troy. (16:8.) From Troy to Neapolis the four traveled by water, stopping at the island Samothracia, about midway between Troy and Neapolis. Macedonia is in Europe, north of Greece,

west of Thrace. Notice, St. Timothy resided at Lystra, and was there met by St. Paul and led into Chris-

tianity. (16:1-3.) Troy was a famous classic city. Dardanus built it. He named it Troja (or Troy) from his grandson, Tros. He also named it Ilium after his son Ilus. It was sometimes styled Dardania, from the name of its founder. Under

Nero it was a Roman city. Samothracia is an island in the Ægean Sea. At first it was called Samos, but thus it became often confounded with the Samos west of LARRY. By Amanda M. Douglass. Published Lydia. Hence it came to be called Samothracia. the Samos off or near Thrace. It is 20 miles in

Neapolis (11) was a name applied to several the first place in Europe visited by Christian mis-It is on the Strymonic Gulf. St. Paul did not | Douglass, the brilliant authoress of 20 success-

The city, Philippi, was very famous—named from Philip II., King of Macedon—scene of the & Lee, Chicago. great battle between Octavianus and Mark Antony on the one side and Brutus and Cassius on the other; also, scene of battle between Oc- | definitions, a gazetteer of the world, rules of tavius and Antony on one side and Brutus on the other, the latter being defeated and committing suicide. St. Paul wrote au Epistle to the Philippians. It was there he came into close contact with Grecian men and philosophy. His knowledge of Greek served him well.

ACTS, 16: 6-15. LYDIA. 1. Time.

We may date A. D. 53. It was about 20 years after the Ascension of Christ. 2. The Travelers.

There were foun 1. St. Paul. (15: 40.) 2 (16:1-3.) 4. St. Luke. "The author of the lice Protection at the World's Fair; Thirty Acts of the Aposties modestly forbears to men- | Knots an Hour to Europe; Reform of the tion his own name, just as John does in the Drink Traffic: The Financial Outlook, by W. fourth Gospel. In Acts, 16:6, and in all the Bourke Cochran; Christ as an Orator; A Farmprevious narrative, we read that 'they' did | er's View of Free Coinage; The Art of Living therefore from Tross, we made a straight course to Samothrace, etc., and from this point on it street, New York. Price 50 cents, is 'we' continually. This warrants the inference that the writer of the Acts-and the testimony is uncontradicted that this was Luke, | contains a complete novel, The Translation of 'the beloved physician'-joined Paul at Troas, a Savage, by Gilbert Parker, author of "The and continued to be his companion till the his-Chief Factor," "Pierre and His People," etc., tory breaks off with their arrival at Rome." St. Luke was a physician. It has been thought

of having a doctor at hand. We have a suggestion here as to the utility of having physicians go as missionaries Through cures of bodies they often reach minds. "It has been said that in no capacity can one in this present day get such ready access to the Eastern heart as in the character of 'hakeem.' Palgrave, in his trip through Central Arabia, constantly availed himself of this disguise."

3. Lydia. A native of Thyatira, a city in Lydia, Asia Minor. One of the letters sent to the seven

churches, found in the Book of the Revelations, was Thyatira. It is likely she was called Lydia from the fact she came from the province of Jewess, or a proselyte. She attended the meetings of St. Paul at Philippi and was benefited. gress. The region, Lydis, was noted for its dyes.

4. Definitions. 1. Assayed. 6. Tried. 2. Suffered. 7. Permitted.

3. Vision. 9. "How the vision was recognized by St. Paul as that of a 'man of Macedonia,' whether by dress or language or other national marks, does not appear, but this is strongly suggestive that it was in a dream, since in dreams we are conscious of facts and perfectly certain of them, notwithstanding their incongruity. Whether the vision was objectively or subjectively manifested makes no matter, since St. Paul was perfectly convinced that it was a real and divine intimation to him what his future course was to be."

Mayer objects to the dream idea, holding dreaming to be the weakest method of revelation; whereas here a vigorous form is implied. He believes an impression was effected on the senses awake. 4. Endeavored. 10. They made it their de-

voir or duty. 5. Assuredly gathering. 10. Firmly convinced 6. Loosing. 11. Setting sail.

7. Colony. 12. Roman colony. Julius Cesar planted a colony in that region, and Augustus added to it. The people called themselves Romans. (21.) A coin has been discovered stating that Julius Cesar bestowed on Philippi the dignity and privileges of a Roman colony. 8. Where prayer was wont to be made. (13.) An oratory, a proseuchæ. "There was no syn-They had a place, either a building, or perhaps a spot in the open air, where they met every Sabbath day for devotions. It was outside the city gates, and by the edge of a river. Paul learned of this meeting, and when the Sabbath came he and his companions went out and joined them. There seems to have been only a few women present. But the missionaries sat down with them and began to teach them." 9. Purple. 14. A very rich color getten from shell-fishes.

10. Constrained us. (15.) Gen., 19:3; 1 adopted and used until the close of the war: Sam., 28: 23; St. Luke, 24: 29. Were they reluctant to go? If so, why?

5. Suggestions. 1. Listen to the calls of God as to your lines of duty. 7, 10. 2. Be hospitable. (15.) 2 Ki., 4:8-10; Heb.,

3. Seek the place of prayer. 13. 4. Be baptized. 15. 5. Have religious interest for your entire

family. 15. 6. Despise not the day of small things. Then t was only one woman, one convert, in all Europe, but, lo, the numbers to-day. 7. Let the Holy Spirit make your hearts receptive of religious instruction. 14.

RECENT LITERATURE. ABRAHAM LINCOLN. In two volumes. By Jno. T. Morse, jr., in the American Statesmen series.

Published by Houghton, Mifflin & Co., Boston, The life of Lincoln was so woven into everything American during the war era that we welcome as ushering a new period "The Life of Abraham Lincoln" by Morse. The author here shows us the man as he lived and moved, his

actions and motives, and because of its truthfulness the work must become standard. Lincoln's boyhood (according to Morse) was not a happy one. The son of shiftless, improvident parents, he carried burdens beyond his years, but this, instead of stunting his intellectual or physical growth, seemed to expand him in every way, although the broodings at this time added to the already melancholy nature. His political training prior to election for President did not materially aid him in after life, for he was surrounded by bigotry and ignorance, but it taught him a spirit of independence. Consequently, when he took his seat he was met by a general lack of confidence, and during the days of McClellan, Burnside, Hooker and Meade this spirit perhaps was increased in the hearts of the people. But Lincoln's views were not of an ephemeral nature, and the time for the complete vindication of his policy was near at hand. From this time the judgment and lofty purpose of lem in a direct line. The total was 640 miles. | the man became more evident, and the perfect consummation of his ideal proved the value of

his life to the American Nation. THOMAS JEFFERSON. By James Schonler, LL.D. Published by Dodd, Mead & Co., Boston, For sale by William Ballantyne & Son, Wash-

ington, D. C. Price \$1. Prof. Schouler, whose historic writings have given him a wide constituency of admiring readers, has devoted much time to the preparation of this little work. He had an abundance of material, gathered while writing his "History of the United States." It was evidently a labor of love, for he is a strong admirer of Jefferson, though not to the extent to make him blind and undiscriminating. He tells much that there was of good in Jefferson with enthusiasm, but does not conceal his failings, or underestimate them. The book is a true picture of the third President of the United States, and of the times in which he lived.

OLIVE VARCOE, By Mrs. F. E. M. Notley. Pub lished by Rand, McNally & Co., Chicago. Price Mrs. Notley, whose nom de plume is "Frances Derrick," is the author of "The Luck of the Lynnwoods," "From the Other Side," and other stories, which have had an unusual success, and won for her a large constituency of readers, who welcome everything that comes

from her pen. This is the best story that she has vet written. FRANKLIN'S SELECT WORKS, By Epes Sargent. Published by Lee & Shepard, Boston. For sale by Woodward & Lothrop, Washington.

Price 75 cents. The works of Franklin extend through many volumes, and are beyond the reach of general readers. Mr. Epes Sargent was a most skillful editor. He had a keen perception of the essential, and knew how to give the pith of things. In this volume there is a short but excellent original sketch of Franklin's life; the famous autobiography; specimens of his political, moral, and philosophical papers; and a few

selections from his letters. by Lee & Shepard, Boston. Price 50 cents. The managers of The Youth's Companion offered a prize of \$2,000 for the best story that should be sent for the beginning of 1893. The cities. The one referred to in this lesson was manuscripts were submitted anonymously, so near Philippi in Macedonia. This Neapolis was | that the judges could not be infinenced by names. The competition was very strong, but sionaries. It has therefore great historic sig- the award was made to "Larry," which it then nificance. The word Neapolis means New City. | developed was written by Miss Amanda M.

> This is a wonderfully handy little affair, containing 27,500 words, with pronunciations and etiquet, marks of punctuation, rules of parliamentary proceedings, values of foreign coins. etc. It is in such a compact shape that it can be easily carried in the vest pock, so that it is

always handy for use.

Magazines and Notes. The Phrenological Journal and Science of Health. Published at 27 East Twenty-first street, New York. Price 15 cents. Contents of the North American Review for June: The Lesson of the Naval Review, by Secretary Herbert; Who are the Greatest Wealth Producers? How to Check Testimentary Litigation; Disappearing Dickensland; A Silas or Sylvanus. (15; 40.) 3. St. Timothy. | Long Look Ahead, by Andrew Carnegie; Pohus and so; but in verse 11 it is 'setting sail | 200 Years; Inebriety from a Medical Stand-

point. Published at No. 3, East Fourteenth Lappincott's Magazine for June has a fine portrait of E. S. Willard for a frontispiece, and for its leading attraction. Besides this, it has a large number of other interesting articles. Published at Philadelphia. Price 25 cents.

A Tobacco-Stinking Breath

is not nice to carry around with you. If you are tired and want the means of an immediate release, get a box of NO-TO-BAC, the harmless, guaranteed tobacco-habit cure. Sold at drug stores. Books eniled "Don't Tobacco Spit and Smoke Your Life Away," tells all about it; mailed free. Write to-

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THE REBEL FLAG.

Different Banners Authorized by the Con federate Congress. EDITOR NATIONAL TRIBUNE: Every once in a while I notice in a paper an article on the that name. She was a worshiper of God, a rebel flag, and claiming the one mentioned as the only flag adopted by the Confederate Con-

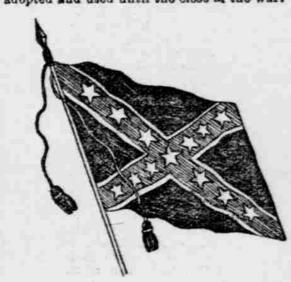
These articles vary as much as fish stories. Can you not publish in THE NATIONAL TRIB-UNE a history of the rebel flag? I think many of your readers, as well as myself, would be glad to read such an article; for we would know that if it was in the columns of THE NATIONAL bave a row or more of it where there was one TRIBUNE that it would be a correct and true 10 years ago. After the taste for it is acquired sketch .- L. TYLER, 33d Wis., Boston, Mass.

EDITOR NATIONAL TRIBUNE: Can you not rive me an authorized statement of the Con-

The first flag used by the rebels was the well-known "Stars and Bars," shown below. This flag was never formally adopted by the Confederate Congress, though it floated over the hall in which that body sat, and was every- space as large as the plot is to be, and setting where accepted as the banner of the so-called Southern Confederacy.



FIRST REBEL FLAG. the Stars and Bars was very liable to be mis- in a seed-bed, and transplanted before being taken for the Stars and Stripes, and vice versa. Therefore, Gens. Johnston and Beauregard devised the following "battle-flag," which was may become stocky and thick at the crown.



REBEL BATTLE-FLAG. May 1, 1863, the Confederate Congress adopted as the "National Flag" the battle-flag as



REBEL "NATIONAL" FLAG. March 4, 1865, the Confederate Congress, finding that when the flag hung limp on the staff only the white showed, thus making it readily mistaken for a flag of truce, ordered that a red bar be placed across the end, so that such a mistake could never be made. This was the last flag adopted, as a few weeks afterward Grant permanently adjourned the Confederate Congress. This flag is shown below:



LAST REBEL "NATIONAL" FLAG.

-EDITOR NATIONAL TRIBUNE. Did His Duty.

Aaron Kirkendall, Berlin Crossroads, O., says: "As I was a private soldier, I wish to take my own case as a fair one to use to show bellion. I was making \$3 per day and expenses, or \$900 per year. I served four years, and four times \$900 would be \$3,600. I received my depreciated \$16 per month, or \$192 the magnificent sum of \$1,170. Now, I will take \$1,170 from the \$3,600, and I find what I did: \$3,600 - \$1,170 = \$2,430, that I gave; or, in other words, I gave \$2,430, to get to show my patriotism four years in time of war. I am glad that I did what I could; am proud of my record as a soldier; sorry that I lost my health and a strong right arm. I feel that I am a patriot, and hate to be considered a bummer. and still I feel that it is all mine, and was dearly earned. I mean I am glad to get my pension, because I know it is just and right for me to get it, and is due me."

What Shall We Drink?

When the rays of old Sol are boiling down at a ninety-degree rate, the air like the breath of a furnace and everything hot, dry, and dusty, the natural desire of the average human is to drink. But, what to drink? there's the question.

The serious effect of an over indulgence in ice water is well known. The thousand and one cheap. gassy beverages are known to be more or less in jurious to the health, while the mineral waters of known purity and healthfulness are a luxury be yond the reach of but few. What shall we drink? A beverage to meet the requirements must, first of all, be absolutely pure and non-alcoholic. It should possess a medicinal element to counteract the effects of the heat and keep the blood pure and the stomach healthful. In order to be palatable and refreshing, it should be sparkling and effer-vescent. Last, but not least, it must be economical and within the reach of all. A beverage that fully meets all of the above requirements and one that i entitled to more than passing mention is Hires' Rootbeer, manufactured by the Chas. E. Hires Co., of Philadelphia. This preparation has been analyzed by the highest authorities and pronounced by them to be free from any deleterious substance and absolutely non-alcoholic; while all physicians acknowledge its health-giving qualities. It has a delicious, appetizing flavor, is full of snap, sparkle, and effervescence, and is without a peer as a re-

A package, costing 25 cents at the grocer's or druggist's, will make five galions of this great temperance drink. Truly it answers the question -What shall we drink? There are many substi-tutes and imitations of Hires' Rootbeer offered for sale which should be carefully avoided.

Rhubarb, or pie-plant, as it is more commonly called, is quite a valuable crop for the home table and also for the market garden. The beds should be changed to new ground every four years, as the rhubarb becomes worthless if kept on one piece of ground. In removing the plant the large roots are divided and three buds left to each piece. Although one bud or it is best to leave three, as the plant will grow three by four, with the crown of the plant cov- | Send your name and address on postal card, and ered with three inches of earth.

Some Practical Suggestions for Our Agricultural Readers.

Celery continues to grow in favor with each succeeding year, and 100 gardens will now it becomes a standard vegetable, and the best means of securing a supply is a matter of infederate flags? There is considerable dispute | terest. The old way of planting it in trenches about them here. -R. F. Dahlgaen, Atlanta, and carefully banking up the rows as the plants grew is still followed by a great many, but it is not the best way, as has been amply proven

within the last two or three years. The new method consists in digging out a the plants quite closely in this depression, and as the plants grow gradually filling up around them until the soil that has been thrown out is replaced. If the plot is where a plentiful supply of water can be supplied, so much the better; for celery must have plenty of moisture to do weii. It must also be grown on very rich soil, and if it is not so naturally it must be made so. The varieties are numerous, and any of them are good; but the White Plume and Golden Self-Blanching are perhaps the best two on the list. Both are very good as to flavor, and tender and crisp. The White Plume is very easily blanched, but is rather too early for Winter use. The Golden Self-Blanching is better in this respect, but is not so good for Winter use as some of the green sorts. The pink varieties are much liked by some people, but they have a flavor that is not At the battle of Bull Run it was found that relished at first. The plants should be sown set where they are to grow, so that the plants

> Sage is raised by the market gardeners near New York as a second crop in the season, and the entire crop is gathered at once, and not a little at a time, as is usually practiced in private gardens, where only a few branches are cultivated. It is true that the plants are hardy and will live for several years, but for market purposes they are best treated as annuals. The seed should be sown early in Spring, and not later than the 1st of May, and, if the soil is rich and the plants given good care, they will be ready for transplanting in July to ground from which a crop of early peas, cabbage, or beets had been gathered. The sage-plants are set in rows 18 to 20 inches apart, and about 12 inches in the row. The crop is gathered late in the Fall, tied up in bunches, and sold when fresh, or after being dried in the shade. The price is, of course, variable, depending upon supply and demand. If sent from a distance, sage should be packed in open crates. Gardeners say that from three to four hundred dollars an acre is about the average for a crop of sage.

> Though until recently comparatively unknown in this country, rape has been grown as a fattening food for lambs in England for many years. It is found in its wild state in California. and its cultivation may be regarded as entirely practicable. The following suggestions of a Canadian journal on the subject will be found

The practice of rape-growing has been introduced in a number of places in Ontario, and especially in the County of Wellington, where it has long played an important part in the finishing of lambs for the Buffalo market. The fattening of lambs on rape has lately been brought prominently before the public by experiments conducted at the Outario Experimental Station, Guelph. Still, the rape is practically an unknown plant to many farmers. and we would advise all to sow a small area as an experiment. In appearance the plant resembles the turnip, to which it is closely related. The main difference is that rape has no fleshy, bulb-like root, but the condition and

preparation of the soil are similar. The soil should be plowed in the Fall, and well worked in the Spring. This plant gives good returns for all manure applied, and, as it is considered one of the best cleaning crops, it will take the place of a Summer-fallow. The more work and cultivation given the land before sowing, the less will be required to keep the weeds down after the plants are up. Sow from June 12 to the middle of July in drills as for turnips, 27 or 30 inches apart, with about one and a half to two pounds of seed per acre. Use a common turnip drill. The most satisfactory results are obtained from slightly-raised drills; but one disadvantage in this system, which will not be found in flat cultivation, is that the lambs require careful watching or they will be liable to get on their backs between the rows. Do not leave the plants too thick in the row, as they require plenty of room. Start the scuffler as soon as the plants appear, and keep it going, not only to kill the weeds, but also to keep the surface loose and prevent evaporation. The rape should be ready for pasturing by Aug. what we did as privates to put down the re- 1, if sown about the middle of June, or before the 25th. An acre should carry 10 to 15 lambs from that date to the end of the season. Rape is acknowledged by all to be the best fattening feed per year-\$768 as pay for four years. Add to for sheep and lambs. Cattle can also be profit-\$768 my veteran bounty, \$402, and we have ably fed on it, but they require more attention. Always feed stock well before turning on rape, If turned on hungry, animals are liable to eat too much, and loss may occur. When buying lambs for feeding, always get the best obtainable, well-bred ones if possible; poor, late culls are dear at any price. If at all possible, plow land used for this crop in the Fall, for, after coffee-cooler, mendicant, or a fraud. I receive | the tramping of lambs in all kinds of weather, my pension, feeling grateful to the Government, it should be turned up to the mellowing influence of the Winter's frosts. Great care is necessary when buying the seed; obtain it from some reliable seedsman, and have him guarantee that it is the right kind. If this is done. and the seed does not turn out to be as represanted, damages can be collected from the seedsman. Last year the rape on the Experimental Farm, Guelph, and also on the farms in that and other parts, was of an inferior variety, supposed to be a hybrid, much larger than bird rape, but, like it, ripens seed the first year, and thus was practically worthless for pasture. A variety called the Dwarf Essex, which does not seed the year it is sown, has given general satisfaction. Much seed resembling rape has been palmed off on farmers-among others, a

> tard. Test your seed before you sow; buy early and sow a little in boxes. Weeds must be kept out of the vineyard, as they are a shelter for injurious insects. Ground bones are one of the best fertilizers for grapes. Stable manure is not good, as it makes a rank

> German rape, which is grown for bird food.

and, as it produces enormous quantities of seed,

for feeding. The true rape is known when the

second leaf appears, it being smooth and glossy

like the Swedish turnip, while the other va-

rieties have a coarse, rough leaf like wild mus-

it can be sold much cheaper than the true rape

weather comes, and is apt to Winter kill. Now that the warm weather is here, it is necessary to put the milk, butter, and meats in the cellar to keep them. The cellar should be cleaned, and all decayed vegetable matter removed, the walls whitewashed, and lime sprin-

and later growth, which is tender when cold

kled over the floor.

A New Cure for Asthma. Medical science at last reports a positive cure for asthma in the Kola plant, found on the Congo River, West Africa. So great is their faith in its wonderful curative powers, the eye is all that is necessary to insure its growth, | Kola Importing Co., 1164 Broadway, New York, are sending out large trial cases of the Kola more rapidly. The plants are set at a distance of Compound free to all sufferers from asthma. they will send you a trial case by mail free.